

ABSTRACT OF THE DISCLOSURE

A sports training assembly (10) and a method for using the assembly (10) to increase hand-eye coordination and muscle memory. Particularly, the sports training assembly (10) includes a bat portion (70) having a channel (76) formed therein, wherein the channel (76) cooperates with a guide wire (60) having a ball portion (26) movably coupled thereon, and wherein a user (90) may repeatedly swing the bat portion (70) along a proper swing line (100), thereby allowing the user (90) to increase hand-eye coordination and gain muscle memory for reproducing the proper swing line (100) in a game situation.